

**Jordan University of Science and Technology**  
**Faculty of Agriculture**  
**Department of Nutrition and Food Technology**  
**Semester 2007**

<b>Course Information</b>	
<b>Course Title</b>	Principles of Nutrition
<b>Course Number</b>	NF 283
<b>Prerequisites</b>	CHEM 102, BIOL 102
<b>Course Website</b>	Not Available
<b>Instructor</b>	Sofyan Maghaydah, Ph.D.
<b>Office Location</b>	C5L2
<b>Office Phone</b>	23366
<b>Office Hours</b>	S, M, T 1-3 pm
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<b>Teaching Assistant</b>	None
<b>Course Description</b>	

<b>Text Book</b>	
<b>Title</b>	<i>Understanding Normal and Clinical Nutrition</i>
<b>Author(s)</b>	Rolfes, Pinna, and Whitney
<b>Publisher</b>	Wadsworth
<b>Year</b>	2006
<b>Edition</b>	7 <sup>st</sup> ed.
<b>Book Website</b>	<a href="http://www.wadsworth.com">www.wadsworth.com</a>

<b>Assessment Policy</b>		
<b>Assessment Type</b>	<b>Expected Due Date</b>	<b>Weight</b>
<b>First Exam</b>	27/3/2007	30%
<b>Second Exam</b>	TBA	30%
<b>Final Exam</b>	TBA	40%
<b>Assignments</b>	Home works given through out the semesters	Bonus

<b>Course Objectives</b>	<b>Weights</b>
1. to acquire a knowledge base of scientific-based concepts in nutrition	20%
2. to apply critical thinking skills to separate fact from fallacy in current nutrition issues	10%
3. To understand the fundamental components of nutrition	20%
4. to examine the identity, acquisition, and utilization of nutrients	20%
5. learn to apply this knowledge to appropriate diet selection under different circumstances: such as stages of life cycle, disease states and prevention of chronic diseases	20%
6. to lay the groundwork for future courses where information from NF 283 will be applied to design of diet therapies or diet description	10%

<b>Teaching &amp; Learning Methods</b>
<p>Lecture that meets 3 times per week for 55 minutes per meeting for 16 weeks.</p> <p>Students will be engaged in practice situations and case studies and respond to questions.</p>

<b>Learning Outcomes: Upon successful completion of this course, students will be able to</b>		
<b>Related Objective(s)</b>		<b>Reference(s)</b>
1-4	Define the term nutrition and major nutrients, use the caloric values of energy-yielding nutrients, to be familiar with nutritional assessment methods, develop a healthy eating plan based on the concepts of variety, balance, moderations, nutrient density, outline the overall process of digestion and absorption, identify the basic structures and the food sources of carbohydrates, list the function of CHO, and outline its digestion and absorption.	Chapter 1-4
5-6	List the classes of lipids and their role in health, identify the basic structure of lipids and fatty acids, differentiate among saturated, monounsaturated, and polyunsaturated fatty acids, outline the digestion and absorption processes, describe how amino acids make up proteins, distinguish between essential and nonessential amino acids, list the primary function of proteins, identify the four classes and structures of proteins, outline the digestion and absorption of proteins.	Chapter 5-6
11-12	Define vitamins and classify them based on their solubility. List the major functions and deficiency symptoms for each one. Classify minerals as major or trace minerals, list the key functions of the major minerals. Explain their metabolism.	Chapter 11-12
7-8	Promote Healthy and active life style	Chapter 7-8

<b>Useful Resources</b>
<p>Perspectives in Nutrition, 7<sup>th</sup> ed. Wardlaw and HampI</p> <p>Handouts and class notes available at JUST shop off-campus</p>

<b>Additional Notes</b>	
<b>Assignments</b>	Late assignments will not be accepted
<b>Exams</b>	No make up exams unless you have an emergency with documented and accepted excuse
<b>Cheating</b>	Cheating is prohibited and not tolerated. If caught, student will fail the class
<b>Attendance</b>	Is obligatory and names will be called daily